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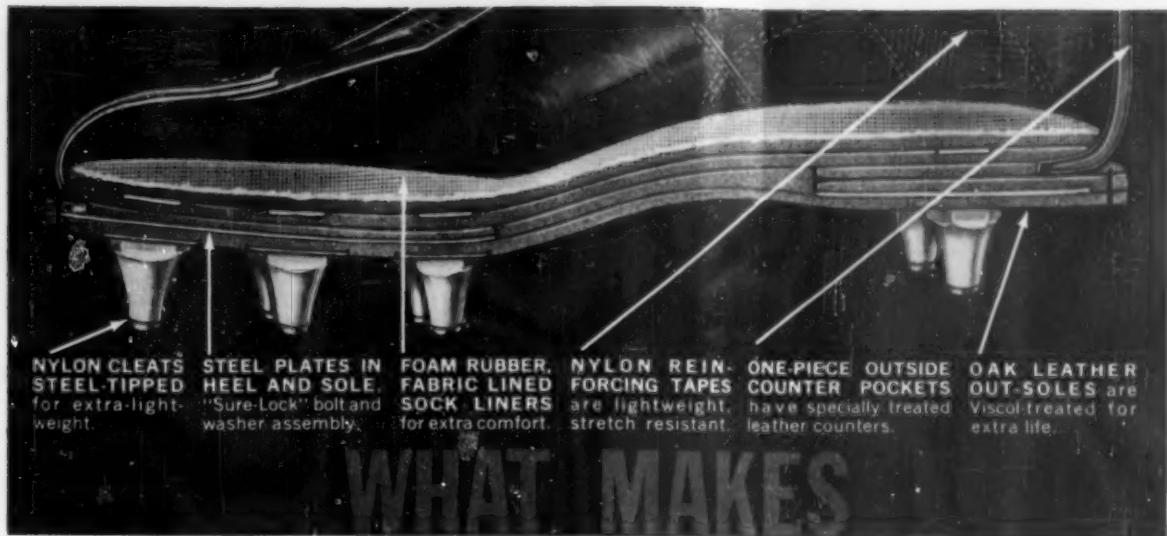
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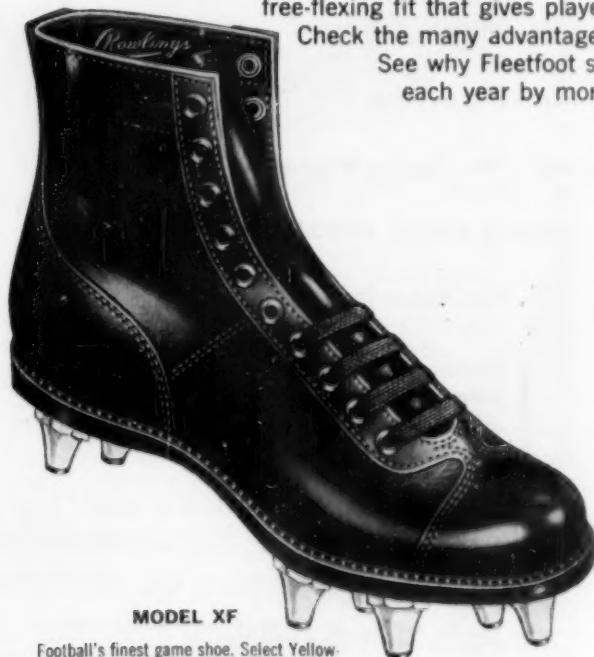


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VOLUME 28 • NUMBER 10 • JUNE 1959

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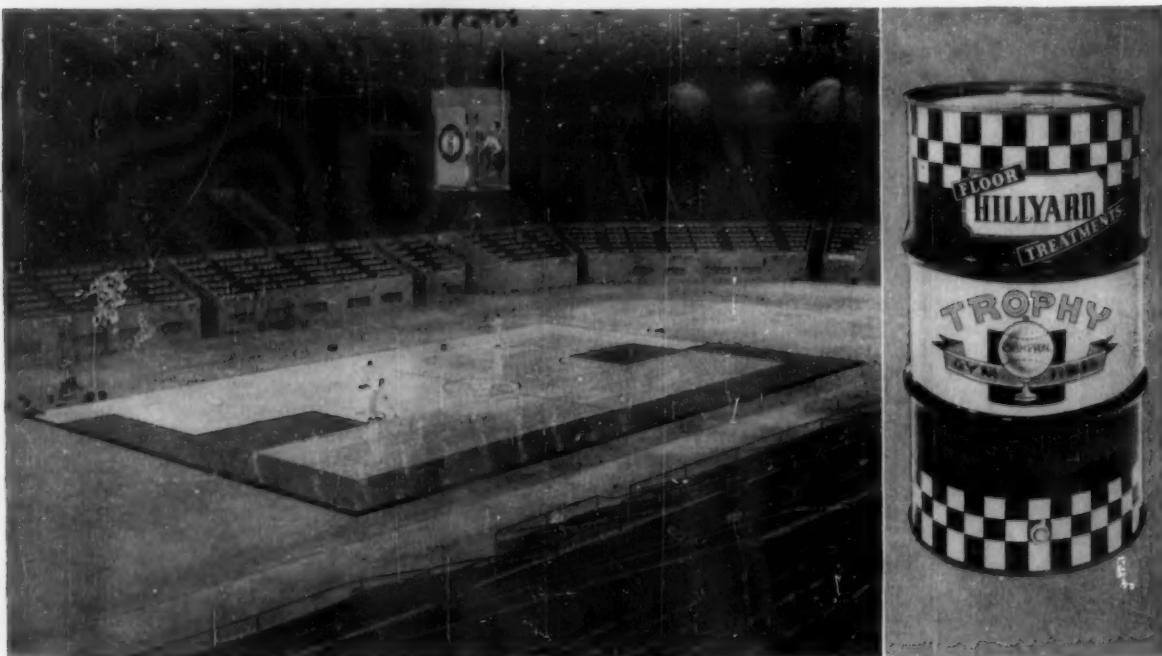
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EVERY coach has been advised at one time or another to make sure to screen out the eleven best players on his squad. If he can accomplish this feat, he'll be sure to field the most representative team he can command.

Separating the men from the boys isn't an easy task, however. Time is quite often the controlling factor. With very limited or no spring drilling and only a few weeks of practice before the first game in the fall, it's difficult to uncover the contact-loving kids upon whom winning football is predicated.

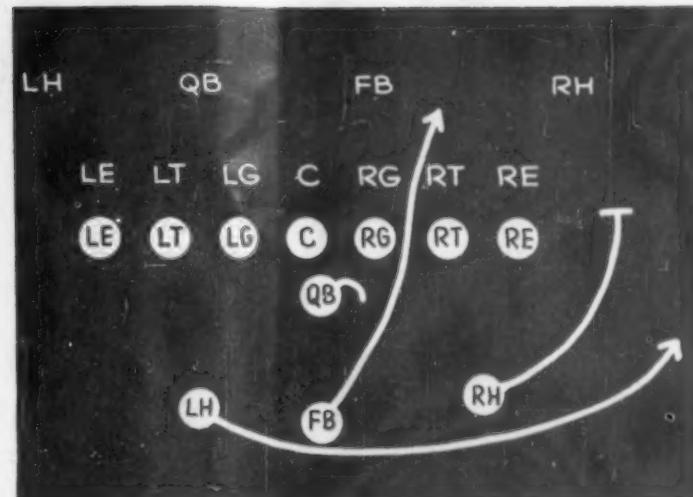
The answer lies in a drill which will provide an opportunity to observe the squad in early scrimmage, yet won't cause injury to the players.

That's easier said than done, of course. Contact scrimmage for new players raises problems. The candidates are usually inexperienced in both team play and in the system being used by the coach. And unless they can easily grasp and execute a drill, the coach won't get a true picture of their aggressiveness, speed, and strength. The boys will tend to hold back because of their uncertainty as to what to do.

The drill that follows offers rich rewards as a screening device. It overcomes all the aforementioned problems as completely as possible, including the injury hazard. I can't ever recall a player being incapacitated while running it.

Beginning with the first practice, when the squad meets on the field, the coach informs the players to "line up in the position you'd like to play, beginning with the centers over the ball."

As a rule, the most aggressive and experienced center candidates



Organization for initial contact, with the two units lined up so that the rivals for each position face each other man to man.

will go over the ball first, and the other candidates will step in behind them, according to their individual initiative or their previous season's experience in playing together. This offers a trenchant insight to the coach, enabling him to get a picture of how the players rate themselves.

The coach may then continue to the other positions in like manner, as for example: "Right guards step up to the scrimmage line beside the center," and etc. for the remaining candidates. The coach will eventually line up with straight lines of centers, right guards, right tackles, right ends, left guards, etc.

Naturally, there'll be more back-field and end candidates than for the interior line positions. At this point, the coach can suggest to the players in the over-subscribed positions that there might be a better opportunity for them to make the team in other positions.

The coach can direct this general question: "Would anyone care to make a change to balance up the team?" At times a fourth or fifth string back will move to an interior line position and eventually make a good man.

A card should be used to pencil in the names of the players as they line up for each position and are then separated into teams. This pro-

(Continued on page 48)

By CHUCK MATHER

Assistant Coach, Chicago Bears

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Out

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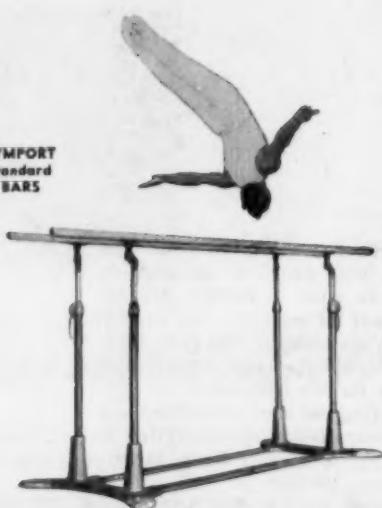
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Center pass
is the Georgia Tech type of
quick kick (see page 9).

Unlike most
quick kicks in the T,
the ball is delivered
to a halfback
rather than the fullback.

It is snapped
at an angle, in the gap
between the left leg of
the center and the
quarterback over him.



THE QUICK KICK from the Standard T

By HARRY T. GAMBLE

Coach, Audubon (N. J.) High School

THE quick kick is probably the most neglected ground gainer in high school football today. Whenever a team lacks a strong offensive threat, the quick kick, executed properly, can set up scoring opportunities that wouldn't otherwise be possible. Defensively, its value is unsurpassed for putting the opposition in the hole.

Whenever an opponent must put the ball into play on or behind its own 20-yard line, the percentages are definitely against scoring. An 80-yard offensive drive is extremely difficult. It will usually bog down before the goal line can be crossed.

A penalty, a fumble, a poorly called play or two, or a lack of team stamina will usually put a damper on the drive.

The advantage of the quick kick over the conventional fourth-down punt is the important element of surprise. On an obvious kicking situation, the defensive team has an opportunity to prepare for the punt. Generally, a double or single safety is sent deep to field the ball, while the remainder of the team is alerted to their punt-return blocking assignments.

This isn't true of the quick kick. Little or no opportunity for a punt return is possible, and usually a long roll results after the kick hits the ground since no one is deep enough to field the punt.

Many times a defensive safety man on the run will frantically attempt to recover the bounding ball and in his haste fumble it away to the kicking team. So, what a moment before had been a back-to-the-wall situation has become an opportunity to start an offensive drive from deep within the opponents' own territory—to say nothing of the change in morale for both clubs.

The quick kick is a standard single-wing weapon. However, we've been able to use it with a great deal of success from a standard T formation.

During our five-year coaching career, we've executed the quick kick in two ways—the only difference being the method used by the kicker to position himself.

In both cases the center assumes hand position on the ball to facilitate the spiral center to the fullback. (Because we use the quick kick as part of our offensive game, we tell our center to place both hands on the ball on all regular plays—direct snap to quarterback—to avoid a quick-kick tip.)

One-half count before the ball is to be kicked, the center drops his head to ready himself for the hike to the fullback. Because of this half-count preparation prior to the kick, we've found that hiking the ball on the third count has been the most successful in executing the quick-kick play.

The quarterback positions himself behind the center in his normal T position, but places his hands flat and hard against the center's rear to avoid getting them in the way of the center snap. On the snap of the ball, he seals to the left.

Since we use a winged T, one back is always stationed as a flanker. On the quick kick we usually place our left halfback out as the flanker and keep our right halfback in to block for our right-footed kicker.

The right halfback actually doesn't block as on a conventional punt, but rather drives straight ahead into the hand-off hole to seal solid the area immediately in front of the kicker.

We tell the line to fire out aggressively as on a running play, while both ends and flanker sprint downfield as rapidly as possible to cover the kick.

The fullback, or the man in the fullback position, is normally our quick kicker. Ideally, the regular fullback should handle the quick-kicking assignments, thus again eliminating a tip-off that could occur if substituting a kicker to carry out the job.

POSITIONING THE KICKER

Previously, I mentioned that we have used two techniques in positioning the kicker prior to the punt. The first method, which we've stopped using, was to have the kicker line up in the normal fullback position ($3\frac{1}{2}$ yards from the line of scrimmage). One count before the ball was to be kicked, he would back up rapidly 3 steps, receive the ball, and punt.

We found that this type pre-kick movement would enable the defensive safety man to key on the fullback's backward movement and retreat quickly to a fielding position. To offset this type of defensive reaction, we designed several plays which developed from the quick-kick fake.

Although we had success with these plays, we felt we weren't getting the best possible use from our quick kick. Consequently, we

adopted another pre-kick maneuver to eliminate the kicker's backward movement.

This maneuver is simply to line our fullback and halfback up one yard deeper than usual. Since both men line up deeper, it's almost impossible for a defensive opponent to recognize the slight change in offensive alignment.

On the snap of the ball, the kicker takes a rocker step backward with his left (non-kicking) foot. Then, with the ball in possession, he steps forward with his left (non-kicking) foot and kicks with his right foot, getting the ball away with a minimum of advancement toward the line of scrimmage. The rocker-step technique allows him to kick quickly and at a safe distance behind the line of scrimmage.

During our first five games last season, we averaged two quick kicks per game. (Due to an injury, our quick-kicker wasn't available for the four remaining games.)

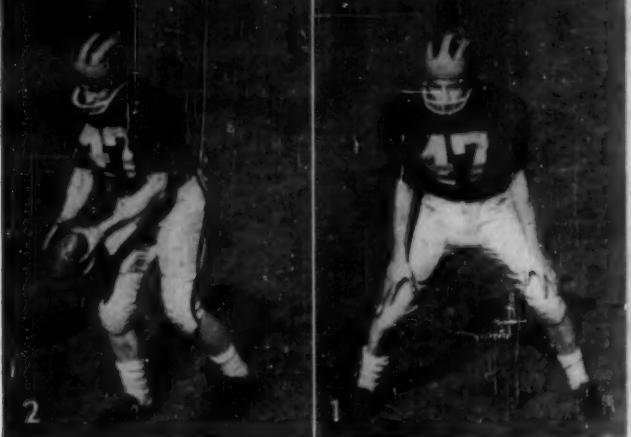
In one game following a quick kick executed on our 45-yard line on second down and long yardage, the ball went out of bounds on the defense's two-yard line, and a safety was scored which eventually decided the contest in our favor, 9-7.

Throughout these five ball games, we quick-kicked on first, second, third, and fourth downs. We've found that it has been equally effective on fourth down. With the defensive team playing deep for the punt, we line up in our regular offensive formation, forcing them to hurry in to protect for the run or pass. We then quick-kick over their heads.

If we were to pin-point our season's success to the one play which was most valuable, the honor would have to be given to the quick-kick. Add it to your repertoire of plays for next season and see for yourself.

Photos taken at U. of Delaware





2

1

GEORGIA TECH ANGLE KICK

Taking a low lead pass from center, the left half takes a short step with his right foot, then a full step with his left to face the sideline. Swinging his kicking foot in an arc, he strikes the ball about three-quarters away from the end, providing maximum impetus on one end and maximum roll. Since the safety man will usually be going to his left, the ball can be kicked to his right—an easy, natural thing to do with this type of arc kick.



5

4

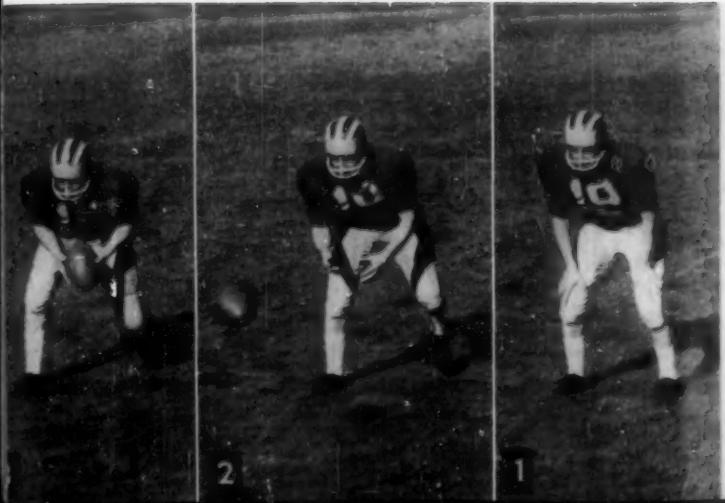
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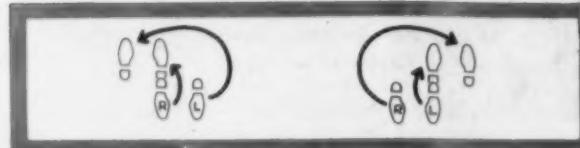
1

ROCKER STEP

As the ball is delivered to the knee of his kicking foot, the fullback takes a short step back with his non-kicking (left) foot. Upon receiving the ball, he takes a regular step with his left foot and boots the ball with his right foot. This rocker-step technique permits him to kick quickly and at a safe distance behind the line.



The cross-over step, right and left



The reverse pivot, right and left

IN SETTING UP a syllabus for the T formation quarterback, the coach must definitely delimit and categorize the basic maneuvers. What the qb does on a dive-belly-pitch series, for example, is quite different from a spin, fake, or fade, or a bootleg sequence; and this difference must be recognized as fundamental.

It's possible to break down his different motor skills as follows:

I. Basic Footwork

1. Cross-over step
2. Reverse pivot
3. Drop step

II. Basic Ball-Handling and Faking Skills

1. Normal T backfield execution
 - (a) Hand-off, fake hand-off—quick, prolonged
 - (b) Pitch-out, fake pitchout—underhand, overhand
 - (c) Forward pass, fake forward pass
 - (d) Pump fake
 - (e) Hand fake without ball
2. Avoidance of tacklers by passer
 - (a) Side-step and fake side-step, cross-step
 - (b) Rollout change-of-pace

III. Footwork and Ball-Handling in Typical Play Sequences

1. Dive-belly-pitch

2. Split T dive-option
3. Spin, fake, and fade
4. Fade, draw, and fade
5. Direct fade-back
6. Rollout
7. Quick pitch, trap, and roll
8. Bootleg

IV. "Eating" the Ball

Now let's take a closer look at the actual mechanics of these maneuvers.

Upon receipt of the center pass, the T qb's initial steps in play execution will, except for the stand-up pass and the sneak, take one of three possible step patterns—cross-over step, reverse pivot, and drop-step. Each of these fundamentals may be executed moving right or left.

The cross-over step is used on all plays demanding fast lateral movement to one side or the other. The qb initiates the movement to one side by taking the first step with the opposite foot. This is the fastest possible means of beginning locomotor movement.

The reverse pivot is used on plays necessitating maximum ball concealment and backfield observation. The qb turns his back to the line, using one foot as a fixed point upon which to turn the body by means of the

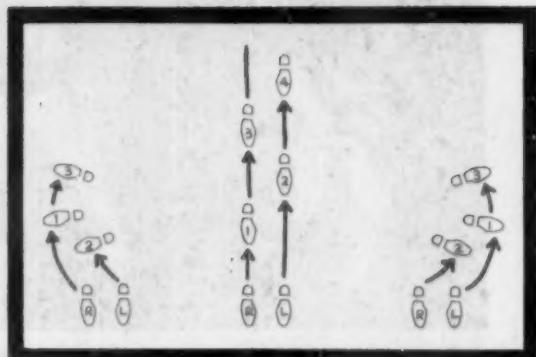
other foot. Since this places the qb's body between the ball and the opposition, it offers the most efficient means of quickly concealing the ball.

The drop-step is used to shift the balance backward rapidly, preparatory to a movement away from the line. It entails a forceful backward step with one foot followed by a back or sideward movement of the other foot to maintain balance and continuity of motion. When a direct fadeback is involved, the first step is generally with the right foot for a right-handed passer.

The drop-step represents the most natural means of initiating a decisive backward movement while focusing one's attention to the front or side.

The quarterback's ball-handling and faking procedures may be divided into two categories—those involving manipulation of the ball in normal backfield play execution, and those used to avoid being tackled while attempting to pass.

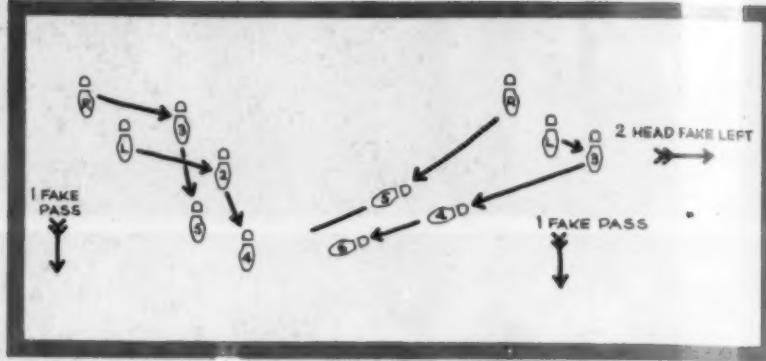
In normal backfield play execution, fundamental ball-handling skills are the: (1) hand-off and fake hand-off, (2) pitchout and fake pitchout, (3) forward pass and fake forward pass. Also used to good advantage are the (4) pump fake, and (5) hand fake without ball.



Drop-step turned rt., directly back, turned left

By GLENN G. DAHLEM, Winona (Minn.) State College

QB FOOTWORK



The side-step (right-handed passer) and fake side-step cross-step

The hand-off and fake hand-off is the most common ball-handling skill in the T offense. It's used following a cross-over step start in such plays as the dive and following a reverse pivot in quick and delayed plays up the middle.

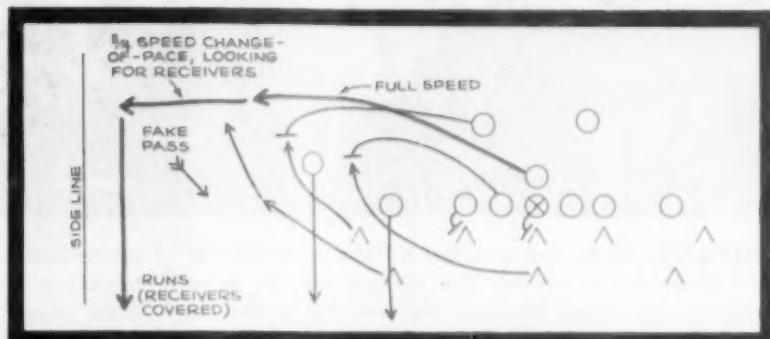
The hand-off and fake hand-off exists in two forms—the quick, as used in the plays mentioned above, and the prolonged, an integral component of the belly, or ride series.

The fundamental is executed by moving the ball, while held with both hands, on a horizontal plane into the stomach area of a back moving into the line. The ball is left there to constitute a hand-off, and removed to accomplish a fake.

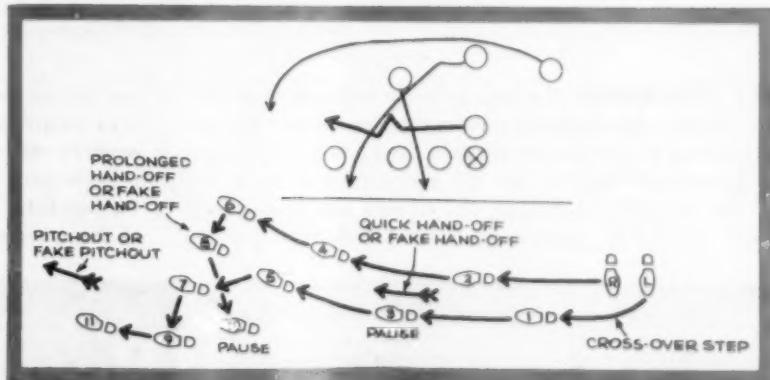
To be effective, the ball must strike the back's midsection decisively, in position to be grasped immediately with both hands. Exactly the same motion is used by the quarterback, whether the ball is to be handed off or faked.

In the prolonged form, the ball is placed in the same manner as the quick, but is left in this position with the back's (usually the fullback's) hands clutched loosely about it, while the quarterback moves with him for several strides. Then the

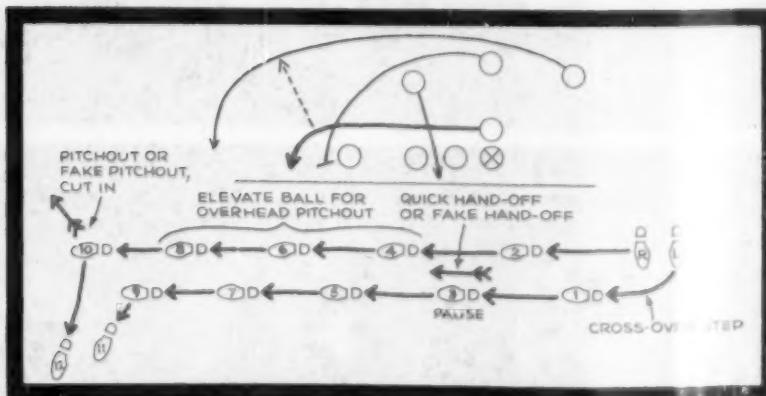
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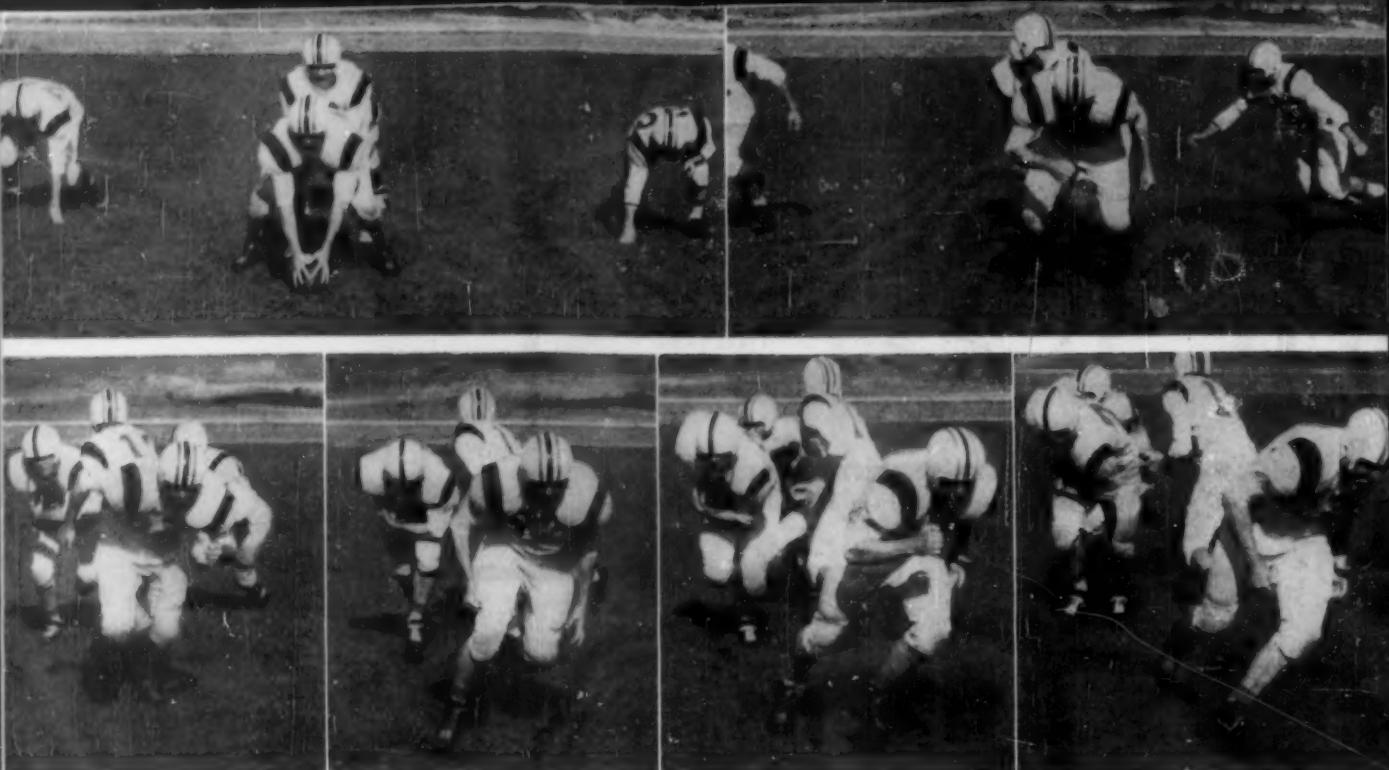
The rollout right, change-of-pace, fake pass, and run



The dive-belly-pitch series of the Straight T (run to the right)



The Split T dive-option series (as it is run to the right)

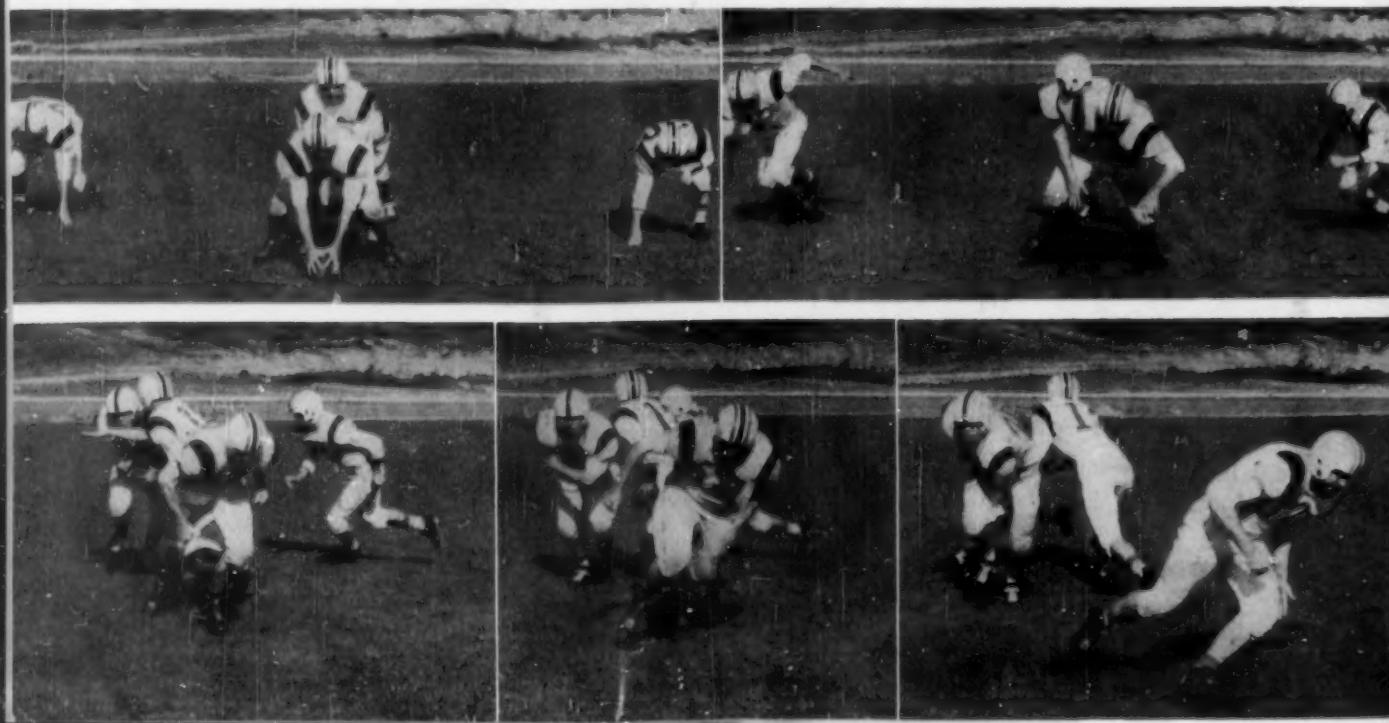


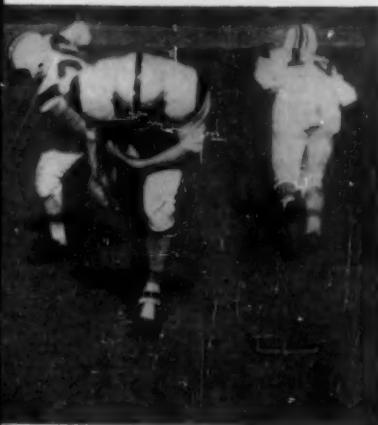
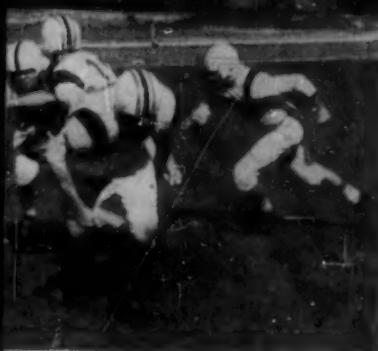
FULLBACK: On the snap the right half drives into the line, the fullback powers forward, and the left halfback comes across. The quarterback takes the snap and steps up and out toward the fullback. The latter presents a perfect target for the hand-off, extending his near arm with the forearm parallel to the ground and keeping his far arm close to the hip. The

quarterback slips the ball into the fullback's far hip with a belt-to-belt movement, and the fullback quickly covers it up and drives straight ahead. The quarterback then fakes a pass to the left half and retreats rapidly into the backfield. As you can see in the last photo, the defense—if the faking is executed as nicely as this—is confronted with a real problem.

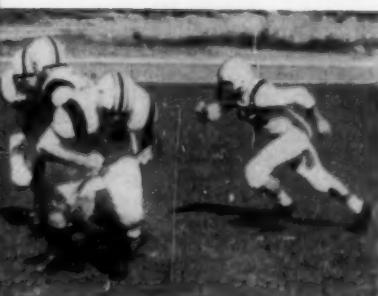
LEFT HALFBACK: The play starts out in the identical fashion, with the right halfback sprinting straight ahead, the fullback driving in, and the left halfback coming across. As before, the quarterback steps up and out and apparently places the ball into the fullback's stomach. The fullback aids the deception with a superb fake, covering his hip with both hands (see last

two photos). But this time the quarterback withdraws the ball, steps toward the left halfback, and slips him the hand-off, after which he again retreats rapidly as if retaining possession for a possible pass. Quite obviously, with a smart faking quartet in the backfield, the defense is going to be constantly confused by the speed and deception of this attack.





SOUTH CAROLINA'S DRIVE SERIES



By PETER T. DYER

Coach, Dobbs Ferry (N. Y.) High School

Defensive Key-Breakers

WITH the advent of stepped-up defensive systems that include intelligent keying and many alignments, it's becoming increasingly difficult to score touchdowns.

Years ago, you could adjust your offensive system to meet adequately the defense you knew you'd see on Saturday. Today, you face an opponent who may throw several fundamentally sound keying defenses at you and completely snarl your basic offensive system of play.

To combat this, the offense must find ways to break down the keys of the secondary defense.

All fundamentally sound defenses include defensive keys for the secondary defenders. These keys usually directly relate to the offensive system being defensed at the time.

For instance, if you're an unbalanced-line single-wing team, your running guards and your blocking back made excellent keys for the secondary defenders. By following the movements of the running guards and the blocking back, the defensive linebackers are usually brought to or very near the critical point of the attack.

What we're trying to do here is offer some plays from several different series that will serve as "key-breakers" against the well-coached defensive opponent. Yes, the opponent must be well-schooled in defensive play, and a good reacting defensive club, in order for these "key-breakers" to be effective. If the defensive opponent has never been taught to key anything or anybody, then you're wasting your time in trying to influence him with ini-

itally deceiving movements on offense.

Your scouting report on the coming opponent should include the *defensive reaction to the offense at each defensive position*. This isn't an easy thing to accomplish, but it can be done with enough people doing the scouting.

It isn't enough to discern the various alignments that a defensive team will use. It's even more important to determine *how they react immediately after the ball has been snapped*. If you can figure out who and how their secondary defenses key, you're now in position to run "key-breakers" for long-gainers.

A basic knowledge of the most popular defensive alignments in football today should help tell you what keys will be used in each alignment.

Let's categorize some "key-breakers" by offensive positions. For the sake of consistency, we'll use the Oklahoma 5-4-2 versus all the plays, as it's probably the most popular of all the basic defenses today. All plays will be illustrated to one side only.

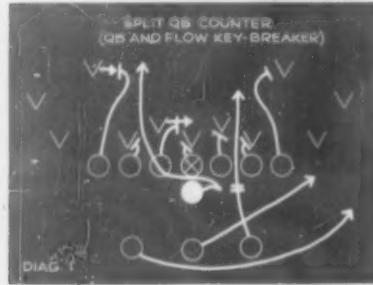
KEYING THE QUARTERBACK OR FULLBACK IN THE SPLIT-T: If your offense is the basic Split-T Series, as is ours at Dobbs Ferry, you'll find that most teams (regardless of their alignment) will have their linebackers key the quarterback.

In the Split-T Series, the quarterback and fullback are both quite dependable keys, as they move out in the direction of the play most of the time. We've found that the quarterback counter, fullback counter, and the Oklahoma Reverse can hurt a defensive team that relies too much on keying our quarterback or fullback.

In the quarterback counter, the

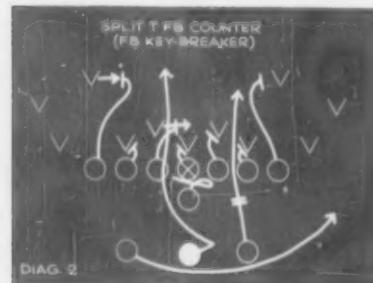
quarterback steps up into the line of scrimmage with his right foot at the snap of the ball and rolls his head and shoulders toward the right sideline. The quarterback then pushes off his right foot and comes back up the middle over the inside hip of his left guard.

The quarterback's initial step to the right with a head and shoulder fake plus the diving right halfback and strong-side flow of the fullback and left halfback should set the middle guard and the two keying interior linebackers in position to be easily blocked by the center and two guards (Diag. 1).



The fullback counter accomplishes much the same thing as the quarterback counter, except that it has two distinct advantages over the quarterback counter. It makes for a better fake to the right halfback, as the quarterback takes not only his first step up into the line with his right foot, but takes the cross-over step with his left foot and extends his empty left hand out to the diving right halfback. This will tend to throw the linebackers off the critical point of attack to even a greater extent.

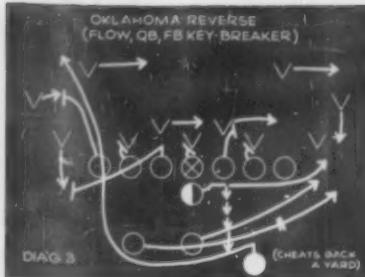
The quarterback then pivots 200° on his left foot and hands off to the fullback, who has taken a jab or counter step with his right foot and slants back over his left guard's inside hip (Diag. 2).



The second advantage lies in the fact that the fullback is usually a rougher young man than the quarterback with a football under his arm.

The Oklahoma Reverse off the Split-T is another maneuver that destroys keys on the quarterback and fullback (Diag. 3). At the snap, the quarterback steps up into the line with his right foot just as he does on every Split-T play.

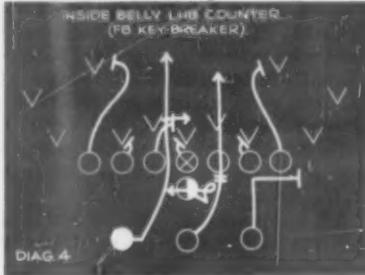
He then cross-over steps with his left foot, and, as the left foot strikes the ground, he wristflips the ball



straight back toward the goal-line between the fullback and left halfback into the waiting hands of the right halfback. The right half follows the pulling left guard either around or inside the defensive end, depending on which way the guard executes his block.

The right halfback cheats back a yard from the fullback and left halfback, and, at the snap, steps forward with his right foot as if to hit in on the dive play. The right halfback's second step is a lateral one to the left with his left foot. As the halfback's left foot strikes the ground, he should receive the wrist flip from the quarterback and follow the running guard to the left.

The quarterback, fullback, and left halfback continue around right end, causing a flow that will be pursued by secondary defenders who are keying either the quarterback, fullback, or backfield flow.



KEYING THE FULLBACK IN THE INSIDE BELLY SERIES: The Inside Belly Series, which has been run by countless teams the past few years, has had to do something to remedy the fact that the fullback is such a dependable key for the defense.

A couple of fine counters have been worked out to destroy this key. The halfback counter from this series can break clean for long yardage when the defensive secondary over-reacts on the fullback (Diag. 4).

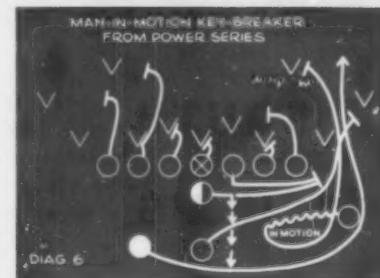
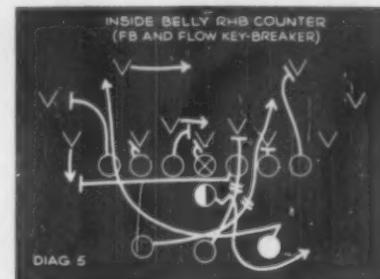
In this play, the quarterback takes a short fake ride with the fullback over right guard and then pivots back to the left 180° and hands off to the left halfback, who takes one lead step with his right foot in the direction of his regular inside belly path, then veers back in over his own left guard.

The right half moves on his regular blocking course, which is usually the first man outside the end.

Another fine fullback, as well as backfield flow, key-breaker is the counter shown in Diag. 5 off the Inside Belly Series. The quarterback

once again takes the short ride fake with the fullback over right guard, then fakes to the left halfback running his normal inside belly path over his own right tackle.

The right half takes a fake lead step to the right as if to run his blocking course, but then comes back to the left behind the flow and receives the ball from the quarterback. The right half is led back to the weak side by the pulling right guard. The fullback fills for the pulling guard, which would nullify a shooting defensive linebacker.



KEYING THE MAN-IN-MOTION: Diag. 6 shows a power sweep off a fake man-in-motion sequence. The right halfback slants to the right, and starts back in motion to the left. He takes a short lead step with his left foot, a cross-over step with his right foot, and another left and right step.

As the right foot strikes the ground for the second time, he pushes off back toward the right side of the field and leads the power sweep around right end. This can cause the defensive secondary to semi-rotate away from the critical point of attack by the time the ball is snapped, thus improving blocking angles on the secondary defense and enhancing the chance of a long-gaining play.

KEYING THE OFFENSIVE ENDS: When the defensive halfbacks key the offensive ends, there are two fine play maneuvers that will break down the halfbacks' faith in their key.

The first play is the halfback run-pass option play, which I personally feel is the most devastating single offensive play in football today (Diag. 7). At the snap, the offensive right end blocks in on the defensive tackle for a three count, along with his right tackle. This does two things for the offense; it really sets up the defensive tackle for an easy pass-protection block by the right tackle and it influences the defensive left halfback completely out of position.



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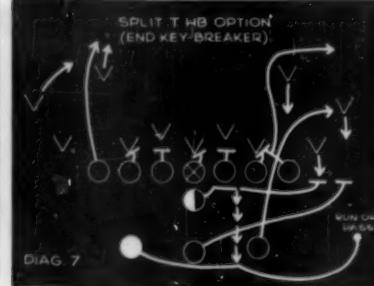
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When the defensive left halfback sees the right end block to the inside, he'll quickly and logically conclude that the play is either an off-tackle play or a sweep to his side of the field. He'll start to come up fast to support against the run.

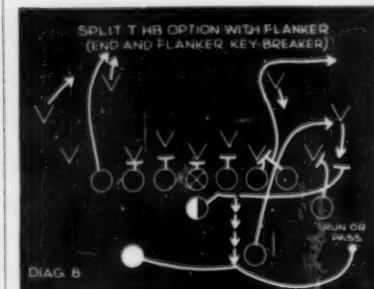
Meanwhile, the offensive right end releases straight downfield (from his block-in on the tackle) on the third count and takes a sideline cut behind the defensive left halfback, who has committed himself to his defensive key.

The offensive left halfback, who has taken a pitch-out from the quarterback, bellies back a bit and then heads upfield as quickly as possible, making sure that he squares-away his shoulder pads parallel to the line of scrimmage. He watches the defensive halfback intently as he fingers the ball to be ready for a pass on the dead run.

If the defensive halfback reacts to his key (the end) and comes up fast to support against what seems to be a running play, the left halfback throws over the defender's head to the right end.

The dive right halfback goes out into the short flat area to "freeze" the left corner backer.

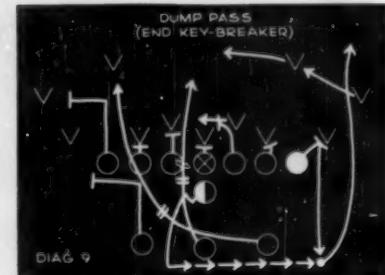
Now if the defensive left halfback should recover in time to pick up the right end, who's deep and to the outside, the left halfback takes advantage of this by tucking the ball under his arm and running for a a sure first down, with both the quarterback and fullback in front of him to lead interference downfield.



This play can be run as a key-breaker even more convincingly with the fullback flanking and blocking in on the defensive end (Diag. 8). With both the right end and flanking fullback blocking in, the defensive halfback and corner-backer are now quite sure that a running play is coming

their way. They'll commit themselves to the end sweep very quickly, thus making it much easier to throw over their heads for the "homerun ball."

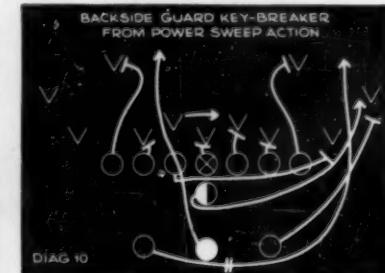
Another fine key-breaker on the offensive end key is the Dump Pass (Diag. 9). On this play, the right end will one-on-one block the defensive left end for a three-second count and then release and drop straight back off the line of scrimmage a few yards and await the Dump Pass from the quarterback, who has faked a running play to the other side of the field.



The strong-side flow to the opposite side of the field plus the non-committal key offered by the right end, should put the right end in excellent position to receive the Dump Pass in an open-field situation.

This play is truly a multiple key-breaker, as regular hole-blocking is going on over to the left side of the field. This will break down every single key in the secondary defensive alignment, and produce "over-pursuit" to the wrong side of the field.

KEYING THE UNCOVERED LINE-MEN: There are some fine key-breakers from a power series, which utilize keys on uncovered linemen. The first is a hand-off to the fullback over left guard from a power sweep action to the right with the backside guard (LG) pulling to the right (Diag. 10).



On the regular power sweep, the fullback fills for the pulling left guard who leads the left halfback around right end. When this power sweep is successful a few times, the linebacker is well set-up for this key-breaker.

As the linebacker sees the left guard pull to the right, the right linebacker will follow the guard, since he's been coached that a pulling lineman will take you to the critical point of attack. The ball is now handed to the fullback, who usually is filling, and he may get upfield quite a way before anyone realizes he has the ball.

(Continued on page 54)



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Cross-Country Coaching Basics

By BILL MILLER

Coach, Beaumont High School, St. Louis, Mo.

In RECENT YEARS, cross-country has gained stature as an individual sport. Its value as a competitive activity is highly esteemed, and coaches of various sports have found it an excellent base upon which to build for the season.

Let's investigate, first, some of the "pros" of the sport and, second, a few basic coaching fundamentals that have proven practical.

The first bugaboo to scout is the fear that distance work is physically harmful. This fear is groundless. In fact the reverse has been proven repeatedly by research in physiology. Distance running ranks very high as a muscle, lung, and heart developer—a most significant point in this fitness-conscious era.

Cross-country also offers "low pressure" team competition, with emphasis on the individual's progress of performance—whether he's naturally endowed or not. Whereas in track it's hardly expedient to follow the progress of the tenth and eleventh best in an event, in cross-country his daily and weekly accomplishments can be recorded, thus making him realize the benefit to be gained from hard work.

The team idea can be nurtured enough in the fall to carry over to the spring season. Our cross-country squad forms a nucleus that sets the pattern of "success through hard work." They usually do such a fine job that the problem of motivation for the grind of getting into condition is negligible. They're also grounded well-enough in their practice routine to alleviate the need for constant attention by the coach.

Some basketball and swimming coaches are also becoming aware of the base provided by fall running, to the point of requiring such training for all squad candidates.

Finally, a cross-country coach finds his group very satisfying to work with. It's easy to organize and use a large squad and to know each

individual better and help him obtain optimal development.

The second phase to be considered is the actual coaching job. It should be noted at the outset that a high school squad physically and competitively isn't ready for the back-breaking routines of the present-day distance champions. The principle of interval training is absolutely sound, but the degrees of stress aren't practical for a high school squad.

The interval-training principle has to be adapted to individuals who are subject to more erratic fatigue and recuperative patterns. The coach's job entails the blending of enough work and enough rest each practice session. This is accomplished only through constant observation of each boy and intelligent communication between coach and athlete.

The boys' limits are dictated psychologically, while the coach must decide whether the proper physiological limit has been reached. Too much work in one session can hamper a runner's progress because of his inability to recuperate quickly.

In repeat work, we try to have our runners overcome the "first fatigue hump." From this point on, the amount of work for each boy is determined through communication with the coach.

The following coaching fundamentals have served our needs very well, paying off in winning teams, consistent performances, and individual progress from year to year, making the senior season most productive. Our races cover two miles, divided evenly between level surface and hills.

Apply a "saturation-rest" principle in early season. To do this we start informal running in mid-July once a week. The boys get together in one of the parks and go on an hour's run-walk tour. This serves the purpose of welding the group and getting the body used to running.

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by Willard Mattlin



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The important point is to keep moving in these and all workouts.

In mid-August the more formal phase begins with 3-day-a-week practice, alternating one day easy repeat 440's and the next an informal hour run. When school opens, we move to 5-day practice covered later.

Make workout patterns familiar. This is done two ways. First, by running similar workout distances through the season. We use five distances—440, 600, and one-mile level course and 560 and one mile hill course. Second, during the 5-day work week establish a daily pattern regarding the distance to be run; i.e. every Monday—600's; every Tuesday—long hills, etc.

After the dual competition starts, this has to change in terms of the team's needs. There's enough variation in the above to prevent any monotony. It has been our experience that the simplest patterns prove successful at the high school level. It's a mistake to try to be too fancy.

Place boys in workout groups of similar ability. Boys gain more satisfaction from being competent in their own class than from running behind the pack. The group idea works well in another sense. We usually have three groups—A-B-C, and when running repeat work the groups rotate.

A-group cannot stray too far, knowing it must be ready immediately after C has finished. The recuperative interval is the length of time it takes for B and C to complete the distance. A good hard workout for 30 can be completed in an hour using this idea.

Another thing we do is appoint a different leader on each repeat, with instructions to the group to stay with him the first $\frac{3}{4}$ of the distance and then everyone is on his own. This can be used as a spur to the boy who tends to loaf.

Make assignments achievable. Rather than set a number of repeats, establish confidence in the squad's ability to stop in a reasonable time. Using a stop-watch and sharp eye, it's easy to tell when the "first fatigue hump" is reached. Then caution should be exercised rather than acceleration.

This is where your good competitors will show up and also where your good boys get the harder work they need. In some sessions, especially Mondays or humid days, it's well to close up shop early if the team seems sluggish.

It's also a good idea not to stress a certain time for each repeat. For example, it works best to assign all 440's under 78, rather than demand (Continued on page 46)



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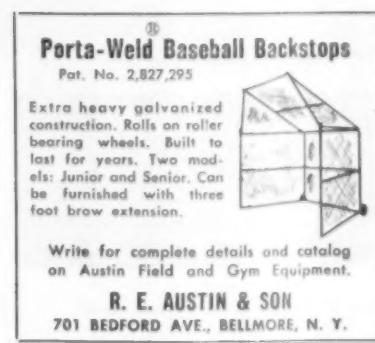


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A. G. Spalding & Bros. (also pitcher's plates)
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(See special listing under Shoes)

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Wilson Sporting Goods Co.
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Pi-Mac Sports Equip. Co. (portable bat rack)
Program Aids Co. (magnetic coaching kits—ERASO posters and charts)

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Wilson Sporting Goods Co.

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Fair-Play Scoreboard Co.
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J. J. Spitzer Co.
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Wilson Sporting Goods Co.

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(See special listing under shoes)

Special Equipment

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Snitz Mfg. Co. (tote bags for uniforms)
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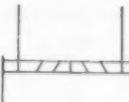
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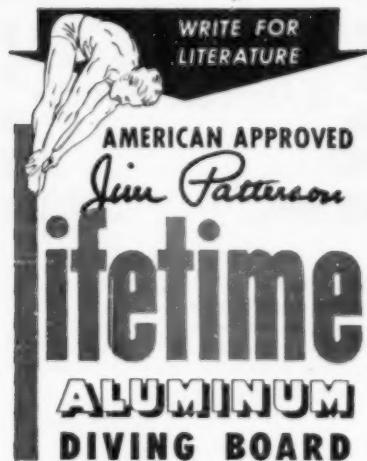
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FOOTBALL MEDICAL TESTING PROGRAM

A PHYSICIAN'S program for examining high school football players can create the best kind of public relations for the medical profession, Dr. Wesley W. Hall of Reno, Nev., believes.

Dr. Hall has developed such a program at Reno H. S. during the past six years and, as he reports in the *A. M. A. News*, it has done more to promote better community-medical profession p. r. than all other things combined.

One evening before the season, a team of 20-25 physicians and 6 dentists examine all candidates for football. A detailed medical history is prepared for each boy, noting recommendations to the family physician.

Eyes, ears, nose, and throat are checked, and the heart and lungs come in for special attention. Thorough evaluation of the condition of the skin, abdomen, musculo-skeletal system, and feet is included. The exam also involves checks by a dermatologist, psychiatrist, and dentist.

TYPICAL FINDINGS

Dr. Hall reports that usually three or four boys are found with perforated ear drums, and another four or five with some form of congenital heart. The surgeons have also discovered two or three hernias or undescended testicles, and a surprising number of cases of pin worms and pruritus ani.

The psychiatrist last fall picked up at least two cases of rather serious psychomatic disorders along with one potential schizophrenia.

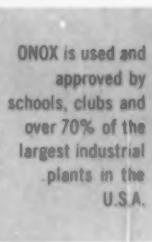
"It would be hard for me to attempt to pay enough tribute to our dental team," Dr. Hall says. The dentists fit mouthpieces for each player. In three years that the boys have worn them, no tooth has been lost or chipped.

Reno's doctors and dentists are more than willing to participate in the program. The problem is not to discriminate against them in limiting the examining team's members.

The high school gives season passes to the participating doctors, while the Washoe County Medical Society and the corresponding dental society have members sitting on the Reno visiting team benches.

Other communities can adopt this program with enormous benefit.

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New Books on the Sport Shelf

- **COACHING PATTERN PLAY BASKETBALL.** By Bob Vanatta. Pp. 218. Illustrated—diagrams. Englewood Cliffs, N. J.: Prentice-Hall, Inc. \$4.95.

PATTERN PLAY, to many coaches, implies a definite control style. To the knowing modern mentor, however, it's more than that. It's a pattern that permits considerable free-lancing or individual initiative.

With this as a guidepost, the famous Memphis State coach delineates a series of basic patterns which gives the players the latitude they need to capitalize upon individual talents.

After two introductory chapters on coaching pointers and teaching pattern play, he launches into the specific systems he has taught at various stages in his coaching career.

He outlines the Show-Me Offense (Southwest Missouri), the Wide-Open Offense (West Point), the Sugar Bowl or Box Weave Offense, Offense Against the Press, the Central College Eagle Offense, the Wide-Post Offense Emphasizing Driving, the Single Post Offense, Memphis State's Fast Break, Effective Fast-Break Drills, Attacking a Zone Defense, and Getting the Most from Your Players.

There's something in the book for everyone. Everything here has been tried and found true; all of it is explained simply and clearly.

- **COMPLETE BOOK OF WINNING FOOTBALL DRILLS.** By George H. Allen. Pp. 570. Illustrated—diagrams and photos. Englewood Cliffs, N. J.: Prentice-Hall, Inc.

PERFECTIONIST is precisely the word for George H. Allen. After writing *Encyclopedia of Football Drills* five years ago, you'd think he'd sit down for 10 years and rest on his laurels. But not this fellow. The original eager-beaver, he's pursued the drill theme to the ultimate, and the result is a truly prodigious volume representing the last word in soundly constructed, teachable football drills.

This Complete Book constitutes a thorough revision and considerable enlargement over the *Encyclopedia*. It differs in four respects: (1) it includes new drills and illustrations, (2) it contains an entirely new section on conditioning drills, (3) it presents a completely new chapter on quarterback drills, and (4) it includes additional material and ideas to supplement the chapter on practice organization.

The book is organized into four main sections:

Part 1, Introduction, tells how to make the most of drills and how to organize a practice schedule.

Part 2, Offensive Game, covers the running, blocking, kicking, passing,

receiving, centering, and quarterback drills.

Part 3, Defensive Game, offers the lineman, secondary, linebacker, and team drills.

Part 4, Conditioning, elaborates on organization, pre-game warm-up, grass drill, pre-practice drills, reaction drills, second-half warm-up drills, and recommended program.

All in all, the book contains over 500 drills, every one of which has been found practical and every one of which is explained in detail.

- **HANDBOOK OF BASEBALL DRILLS.** By Archie P. Allen. Pp. 212. Illustrated—drawings. Englewood Cliffs, N. J.: Prentice-Hall, Inc. \$4.95.

ONE of the greatest baseball coaches in the land, Springfield College's Mr. Allen knows his way around the diamond and he doesn't miss a base or a trick in this superlative handbook.

Drills have become the lifeblood of every sport, and in his book Archie covers every facet of offense and defense, both indoors and outdoors.

The drills are arranged in 14 chapters, namely: conditioning, pitching, catching, first baseman, second baseman, shortstop, third baseman, outfield, individual defensive fundamentals, infield defense, team defense, batting, bunting, and baserunning.

A most helpful appendix outlines procedures for screening candidates and conducting indoor and outdoor practices.

Baseball coaches seeking ways of expediting and powerizing their practices will find the home-run answer in this book.

- **ADMINISTRATION OF PHYSICAL EDUCATION AND ATHLETICS (The Case Method Approach).** By Earle F. Zeigler. Pp. 248. Englewood Cliffs, N. J.: Prentice-Hall, Inc. \$4.95.

OFFERING a new approach to the study of athletic administration, this text can be adopted with great benefit at either undergraduate or graduate levels of instruction or may be used as a laboratory manual in conjunction with a standard text.

Part 1 introduces and orients the student to the case method of teaching.

Part 2 presents the actual cases for discussion—30 of them of varying length and complexity, with each listed under an administrative problem heading.

Part 3 concisely sums up the entire course.

The case method of discussion encourages students to read widely and completely, and furnishes them with a sound insight into learning human relations and administration.

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- TAKE 2 AND HIT TO RIGHT. By Sam Molen. Pp. 205. Philadelphia: Dorrance & Co. \$3.

DRAWING upon his enormous personal contacts and close to 25 years of broadcasting experience, the famous Mid-western sports announcer has collected an acre full of topnotch sports rib-ticklers aimed squarely at the after-dinner, assembly hall, or coaching clinic speaker.

Sam makes no claim to their originality. He's a collector, not a gag man. But he's a discriminating collector. Nearly all of the yarns are first rate. Many have appeared in our *Coaches' Corner* department, with a different cast of characters. But there's enough other top-notch anecdotes to make this book definitely worthwhile reading.

- SWIMMING, BEGINNER TO CHAMPION. By J. R. Gainsford. Pp. 87. Illustrated—drawings. Delray Beach, Fla.: J. R. Gainsford.

DESIGNED for both teacher and student, this 8½" x 11" mimeographed text offers an effective teaching program for swimming and diving.

The four main sections cover elementary swimming (shallow water skills, breathing, deep water, treading water, elementary diving, and competitive starts, strokes, and turns), physical conditioning, promotional hints, and fancy diving.

While the emphasis is on individual instruction, the book can be easily adapted to group situations.

- THE HEART OF A CHAMPION. By Bob Richards. Pp. 159. Illustrated. Westwood, N. J.: Fleming H. Revell Co. \$2.50.

THE fabulous Olympic champion and popular fitness expert presents a highly absorbing account of what it takes to become a champion, drawing inspirational examples from the lives of such famous athletes as Roger Bannister, Babe Didrikson, Gil Dodds, and many others.

He tells you how to live like a champion and how to use that extra measure of power and inspiration in living your life to the fullest.

Everyone in every walk of life will derive a load of interest and inspiration from this provocative story.

- MECHANICS OF THE POLE VAULT (4th edition). By Dr. Richard V. Ganslen. Pp. 110. Illustrated: Fayetteville, Ark.: Richard V. Ganslen. \$1.50.

THE greatest book on pole vaulting ever to see print—there's nothing even close to it—this 1959-60 edition has been re-written and re-organized from cover to cover.

Replete with new chapters, amplifications, and new pictures (including action shots of the Russians), the book offers a gold mine of information for beginners, champions, and coaches.

Order it from Dr. Ganslen, Professor of Physiology, University of Arkansas, Fayetteville, Ark.

- MODERN SOCCER. By Walter Winterbottom. Pp. 88. Illustrated. American Distributor: Sportshelf, P. O. Box 634, New Rochelle, N. Y. \$2.75.

WRITTEN by the Coaching Director of the English Football (Soccer) Assn., this book offers a vivid presentation of the basic skills, embracing the teaching methods that have been employed successfully in the E.F.A. coaching courses.

Miscellaneous

- Sports Film Guide (4th edition). Published by The Athletic Institute, 209 South State St., Chicago 4, Ill. \$2. (Complete index to over 2,000 16-mm. titles, covering 54 different sport categories—including more than 600 free-loan films.)

- Physical Education Handbook (3rd edition). By Seaton, Clayton, Leibee, and Messersmith. Illustrated. Englewood Cliffs, N. J.: Prentice-Hall, Inc. \$4.75. (A superb presentation of 30 sports—history, techniques, rules—plus other helpful materials on exercise, completely up-dated.)

- 1959 Official Volleyball Guide. Published by U. S. Volleyball Assn. 75¢. (Rules, sectional reviews, helpful articles, etc.)

- Personal and Community Health (11th edition). By C. E. Turner. Pp. 446. Illustrated. St. Louis: The C. V. Mosby Co. \$5.50. (One of the great health texts of our time, beautifully illustrated and written, just perfect as a student text or teaching manual.)

- Learn or Teach Australian Swimming Methods. By Russo, Jordan, and Matheson. Pp. 62. Illustrated. Melbourne, Victoria, Australia: Technical Book Co. \$2. (An efficient, natural method of teaching children to swim, heavily illustrated with both single action and sequence photos.)

- Track and Field Booklets, available at \$1 each from Track & Field News, Box 296, Los Altos, Calif.

Back Track. By Maxwell Stiles. Pp. 64. (Great moments in track and field.)

Running with Cerutty. By Percy Cerutty. Pp. 32. (Reveals the great Australian coach's theories, techniques, training, and thoughts.)

The Greatest Sprinters. By Maxwell Stiles. Pp. 40. (Ranks the 100 best sprinters of all time, with completely detailed records of top 30 athletes.)

All-Time Relay List. Pp. 16. (Best relay performances, completely de-

All-Time Women's List. By Bernhard Cecins and Jan Popper. Pp. 16. (Most complete listing of women's performances ever compiled.)

- Basic Football Scouting. By Chuck Spalten. Pp. 157. Dallas, Tex.: Royal Publishing Co. \$3. (A guide for player, scout, coach, and fan.)

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COACHES' CORNER

The Coach's Dilemma

By DONALD J. SALLS

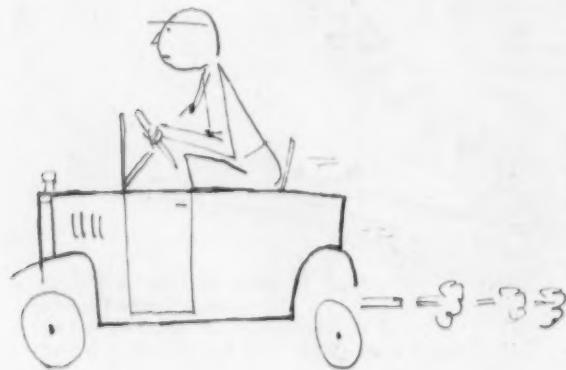
Football Coach, Jacksonville (Ala.) State College



IF when the season is over and he goes fishing, he takes his job lightly. If he doesn't take time off, he's a slave driver.

IF he's the first coach on the field, he's an eager beaver. If he's the last coach on the field, he has lost interest. If practice runs well without his presence, he's not needed.

IF he drives a big car, he's putting on the dog. If he uses an old car, he's a penny pincher.



IF he holds many meetings with his coaches, he's in need of new ideas. If he doesn't hold meetings, he's a poor administrator.

IF he spends a lot of time with the alumni, he's afraid of his job. If he doesn't cater to the alumni, he can't win without their support.

IF he spends a lot of time going to coaching clinics, he's not original and can't think for himself. If he doesn't go to coaching clinics, he's old-fashioned and not up to date.

IF he tries to make substitutions during the game, he doesn't trust his assistants. If his assistants make all the substitutions, he's lazy.

IF he tries to have a large staff of assistants, he's an empire builder. If he tries to work with a small staff, he can't handle a large staff.

IF he carries a brief case home at night, he's trying to impress his staff. If he doesn't take any work home, he's guilty of not working around the clock.

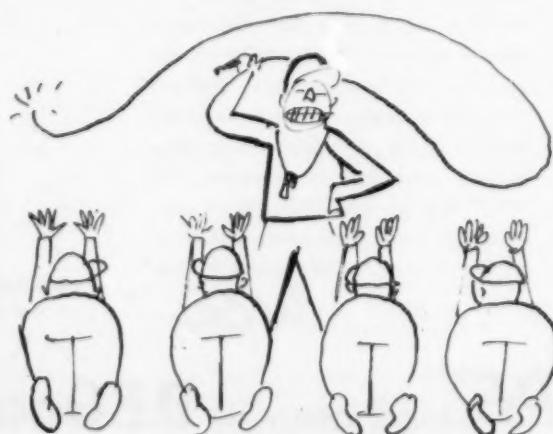
IF he's friendly with his players and staff, he's too good-natured for his own good. If he stays by himself and doesn't mix, he's an introvert.

IF he makes decisions quickly, he uses snap judgment. If he's slow to give his answer, he's not a quick thinker.

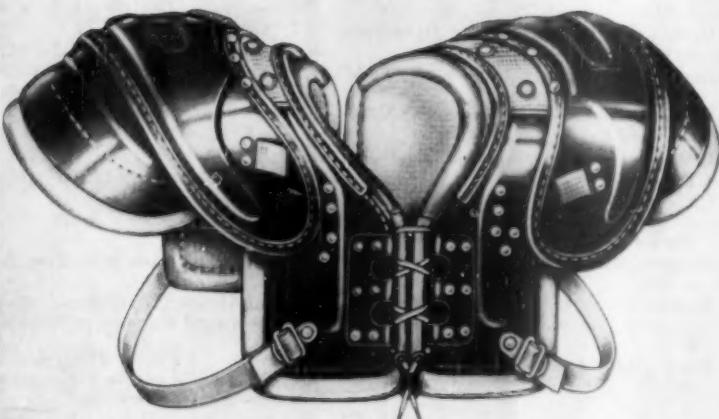
IF he keeps his name in the papers all the time, he's a publicity seeker. If he never has his name in the paper, he doesn't know how to get publicity.

IF he wins all the time, his recruitment practices are doubtful. If he loses most of the time, he doesn't know how to get the players.

IF he enjoys reading this, he has a sense of humor. If he doesn't enjoy this, he didn't win last fall.



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protection without bulk or weight. Because it is light, extremely flexible and won't absorb weight-producing moisture, U. S. Ensolite-lined equipment doesn't steal steps from a runner...he's free to use *all* the speed he has. When you next order equipment, specify U. S. Ensolite-lined equipment to your supplier...there's no better way to keep your squad in top shape...at top speed.



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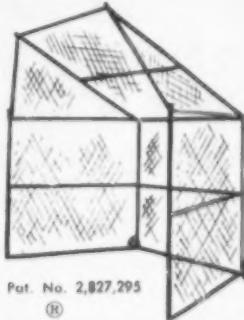
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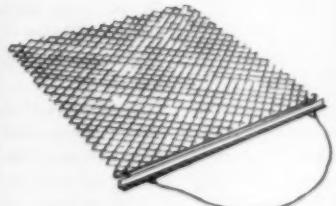
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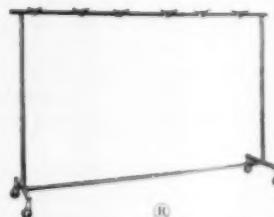
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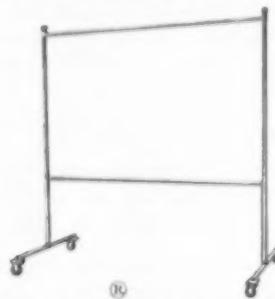
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Cross-Country Basics

(Continued from page 20)

even 70 seconds for each one. In the end the boy who can run even 70's will do so without the pressure of such a specific assignment.

Again we must point out that this is a high school adaptation. More experienced runners are sharper at pace judgment.

Our assignments progress from 5 x 600 early season to 8 x 600; 8 x 440's to 12, 2 single miles to 3; 5 x 560 yd. hills to 10, and 2 hill miles to 3. Early assignments stress quantity (completing what everybody completes). To this we add quality (completing everything under certain prescribed times).

For better boys who want more, we run "on-your-owns"; i.e., as many more repeats as they want with or without timing. For the development of the finish, we attempt to "build up" to a kick from the $\frac{3}{4}$ mark on all distances.

Keep a thorough record of performances week to week. This is your only true measure of progress of physical condition. It's your yardstick for accelerating or easing the practice load. From times taken, the fatigue patterns of each boy can be determined. You're able to adjust his practice loads and advise the most economical method of pacing his race.

Keeping times in competition—showing progress or plateau—keeps many of your second-stringers motivated, whereas the same boy running in the 20's in a dual meet may be discouraged and drop the sport.

Work for consistency of performance. It will serve your situation best to emphasize completing each repeat at the same pace. Physiologists call it the "steady state" and have proven that a constant body rhythm produces the best performances.

This may mean some slow assigned times early in the season. But in time the heart will respond through the principle of overload and gradually allow an increased cadence or more quality of performance. Competition will take care of possible record breakers.

These good boys take care of their needs by starting at faster pace assignments and adding more "on-your-owns" to the workout.

Be ready for an intelligent race. This involves knowing a runner's fatigue pattern. Generally, you'll have front runners, steady pacers, and slow start-finish kickers. This can be determined through observa-

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tion in the longer workout distances.

The safest advice is "not too much too early", that the race is won in the final 880, not the first. In early duals a novice can be broken in by running with a teammate of as much similar ability as possible. The entire team running as a group early in the race takes a lot of pressure off each individual.

In some meets our good boys run with and talk to those who show good physical potential. This encouragement helps remove pressure and ideas of easing up, which would jeopardize the team effort.

It's wise to scout opponents. Knowing the aggregate times and split-times of the other team enables us to make competitive assignments. An assignment will be to defeat a certain man or get a certain place. Ability determines this assignment. We match our strengths with theirs and emphasize the role of our 4, 5, 6, and 7 men.

On a man-to-man basis, we expect our boys to defeat others with equal time and hope they catch someone previously 5 or 10 seconds better. Also if a boy is capable of placing 5th, we send him for 4th—never first. In good years it's well to know that any team placing 1-2-3 cannot be beaten.

Emphasize warmth in practice and competition. Provide hooded sweatshirts in addition to regular warm-ups. On cold days use analgesic on legs, feet and the small of the back; wear a towel as a muffler; tee shirts under the running jersey; stocking or ski caps; gloves; jockey shorts or long underwear. In rain, wear baseball caps.

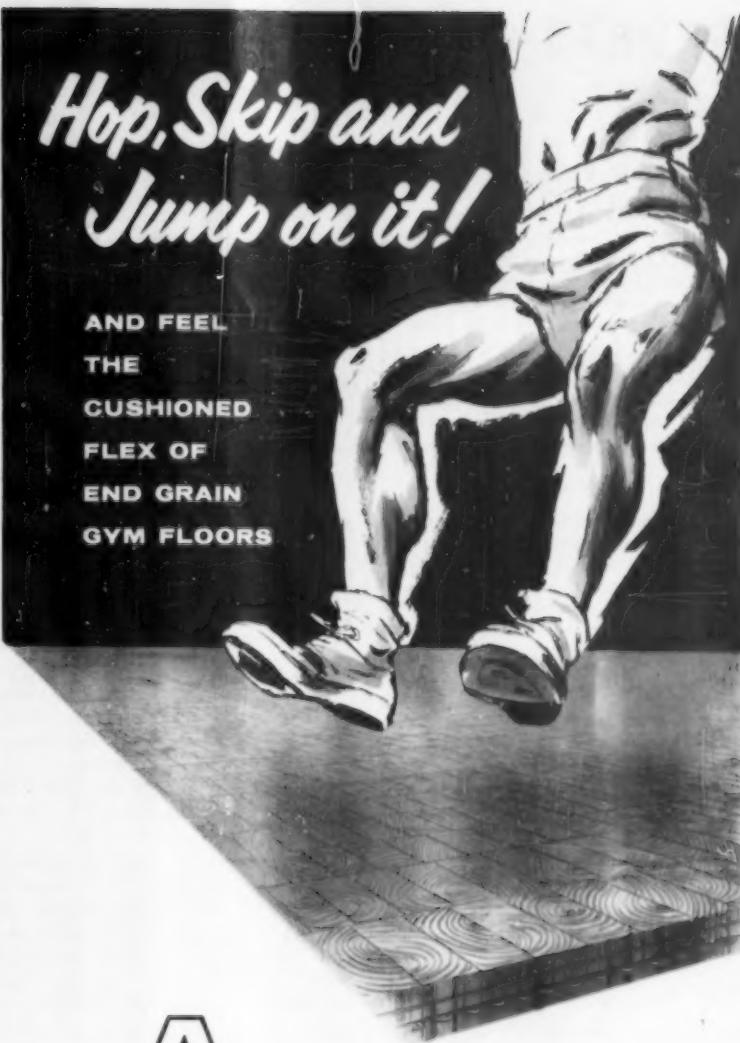
Finally, have pre-meet chalk sessions. Draw the course on the board and have each man relate his plan for the race in the presence of the team.

It's hoped some of these ideas prove as valuable to you as they have for us.

IN Coach Bill Miller's nine years at Beaumont High, his cross-country teams have won two state and three city crowns and were state runners-up on three other occasions. They've won 24 straight dual meets the past 3 years. His track teams were city champs three times and won the 1959 state indoor crown. As this went to press, they were favored to repeat outdoors. Bill received his B.S. from Indiana, where he won two letters, and his M.S. from the U. of Illinois. He has had two previous articles published in Scholastic Coach.

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(Continued from page 5)

vides a record for future study as well as a record of the original lineup. Several cards with the squad already typed in can be brought to succeeding practices for easy recording of personnel changes.

Following the lineup by positions, and separation into teams, the next step is to give the starting cadence. The first eleven players (lined up in the offensive formation to be used) then move on the cadence down the field and return in five or ten yard sprints. By the time the first team returns, the last team is ready to shove off down the field.

This method of lining up teams on the first day of practice is particularly good for the morale of the new players, as every man is on a team. By starting off as a member of a unit, the player is given a feeling of belonging—even if it's on the fourth team.

Candidates for respective positions may test their strength and aggressiveness against the players who'll furnish their competition for a varsity position. From this contact, they can readily form an opinion as to who is the toughest.

It's difficult in normal practice situations to provide this type of competition. But a few sessions at the beginning of practice will, as a rule, permit the player to make his own evaluation and keep him from becoming disgruntled because he believes the coach may be overlooking him.

After observing the teams complete the circle of the field four or five times, the coach may note that because of size or speed or some other obvious characteristic a candidate should be moved up or back a squad.

Once these teams have been formed, it's helpful to assign colored jerseys or scrimmage shirts to the players so they can be easily identified thereafter as a unit.

Coach George Halas has used this method of team identification for many years with the Chicago Bears as it provides an efficient aid in organizing practice.

The next step is to have some contact. The blue unit (number one), for example, can line up opposite the red (number two). The blue takes a defensive position and the red an offensive position. Each man faces his competitors for a position, as shown in the diagram.

The first play of the drill is a contest of full-speed, straight-ahead

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charge for the line and fullback. The quarterback may hand off to the fullback or lateral to the halfback. The offense moves out on the count and the defense likewise moves straight ahead on the ball.

No finessing by the defense is permitted. In fact, it's good procedure to chalk in a lane that will define the area within which the players must charge.

There's very little, if any, coaching at the beginning. Participants in any sport seldom care to begin with fundamentals. However, once they see the reason and the need for them, their learning becomes much more rapid.

Upon starting the contact drill, the coach should observe the players in the following:

1. The line-up position.
2. The charge on the count or ball.
3. The approach to block or defend.
4. The position at contact.
5. The follow-through.
6. The desire for contact.
7. The players' physical strength.

Each team organized should run a play against the defensive team before the defensive unit is changed. Then an alternate team should take defensive positions and the offensive units may repeat their charge against the new defense.

In high school or junior high ball, where some of the players are younger and lighter, it's advisable to have the first two or three units compete against one another. The lighter players, who'll make up the fourth or fifth team, can then compete against one another more equally.

Now, following the straight-ahead charge, where the quarterback has the option of handing off to the fullback or faking and pitching to the halfback for the sweep, the plays can be alternated left or right. This will provide a good impression of those who shed their blockers quickly and have the best reaction and pursuit angles.

Tackling the ball-carrier isn't necessary the first few practices. Just tagging him is sufficient until more game-like conditions are desired.

Following the fullback plunge or sweep right and left, a quarterback option run or pass permits an evaluation of his running and passing ability.

These are all the plays you need for practice until you're satisfied that you're starting the season with the eleven best players and a knowledge of the remaining contact men on your squad.

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Quarterback Footwork

(Continued from page 11)

ball either changes hands or is removed in the same manner that it was placed.

The pitchout and fake pitchout is used on all plays that involve a lateral pass method of ball exchange somewhere in their execution sequence. It also exists in two forms—the regular, or underhand, and the overhead, used by some coaches at the option point of the Split T pitchout.

The regular, or underhanded pitchout may be thrown with a snapping, generally spinless, or a rising type spiral toss. The spiral may be thrown two-handed with a heavily cocked right elbow (pitchout right), and a short left foot step in the direction the ball is thrown.

Although there's a difference of opinion on this subject, some believe that right-handed quarterback can master a spiral type pitchout to his left, using the left arm as the primary propelling force, and stepping with the right foot.

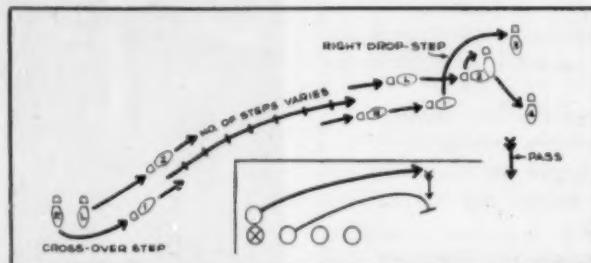
The fake pitchout must be delivered with exactly the same motion as the toss itself. The fake pitchout may occur both with and without the ball still in the quarterback's possession. In each case, the motion is the same, except following a fake where the qb no longer has the ball. He then leaves his hands extended, simulating the follow-through of an actual pitchout. In a fake in which he retains possession, the ball is quickly returned to a point near the

quarterback's body, as further execution is to follow.

The overhead pitchout and fake pitchout is taught by some Split T coaches, being used at the point of option. The ball is held overhead by the quarterback and is pitched out or faked with a wrist snap, much as is an overhead basketball pass.

It has the advantage of being immune to the tacklers' interfering arms, enabling a last-second toss. It also creates a more realistic fake when used by a rapidly moving quarterback.

The forward pass and fake forward pass is a much discussed fundamental, and won't be elaborated upon here. It's sufficient to say that a good fake forward pass is an in-



Rollout showing footwork used by right-handed passer in rolling out to his left and forward passing



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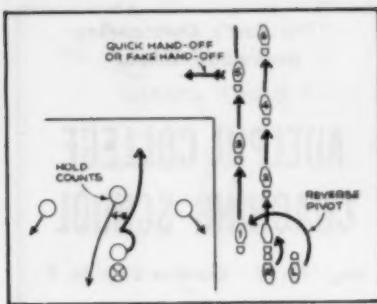
"...in addition to positive tooth protection, the wearing of the individually fitted Featherbite mouthpiece renders a much lower rate of jaw fractures and the potential of brain concussions from jawbone-brain trauma is reduced, because the shock is absorbed."

*Dr. Cecil Garrison, *Athletic Journal*, Dec. '58

**Joseph P. Dolan, Ph.D., *Texas Coach*, Oct. '57

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Manufactured by FEATHERLAX CORP., State National Building, Houston 2, Texas



The fade-draw-fade

valuable aid in slowing the charge of an inexperienced opposing lineman, in that it will cause him to jump.

Likewise, an inexperienced defensive back who may "peek" at the passer will invariably be faked into letting a receiver slip behind him. The fake pass also serves the function of establishing a favorable motor rhythm for the real throw which follows.

The pump fake occurs on an up-and-down or vertical plane, while the fake hand-off is in a right-and-left or horizontal plane, and the fake forward pass is in a front-and-back or latitudinal plane.

It involves raising the ball with both hands to passing height, and returning it abruptly to the stomach level, similar to the action used in operating a barnyard water pump. It may be used with back to the line as part of a faked draw play, or facing the line to deceive linemen as to the passer's intentions. The pump fake may be used singly or repeated, dependent on circumstances.

The hand-without-ball fake is seldom used in the T as of this writing, but still finds a place in the attack on fake counter or trap plays, where the use of a fake hand-off would be awkward. It also occurs when the ball is no longer in the quarterback's possession to simulate a hand-off to a second man through.

It's accomplished by placing a hand in the stomach area of the back moving into the line, as if giving him the ball.

Many means of avoiding tacklers exist, but only two will be mentioned here—one for a stationery passer and the other for the rollout variety. Each has two options.

The side-step and fake side-step and cross-step is used to avoid a tackler who has penetrated pass type blocking. It should always be preceded, if possible, by the fake forward pass.

The side-step involves dodging to one's left (right-handed passer); the fake side-step and cross-step

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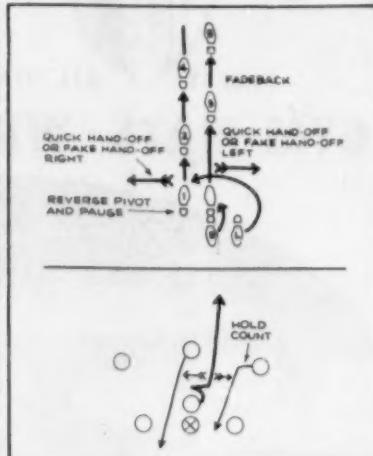
The Model N-400 IV Football scoreboard (illustrated above) will be delivered and installed by our own crew in time for play this season if you act now.

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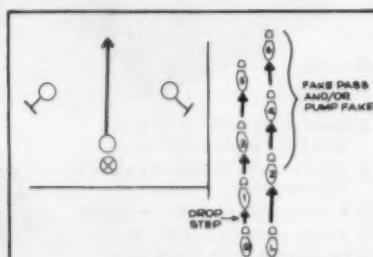
Football "2S"
Basketball "1S"
Baseball "3S"

NADER INDUSTRIES
Webster City, Iowa

dodges to the right. Since it involves two fakes (pass and side-step) prior to lateral movement, it's begun when the tackler is a little farther away than in the simple side-step.



The spin, fake, and fade



The direct fade-back (facing line)

The change-of-pace fake by a roll-out passer combines the fast-slow-fast shift of speed so frequently used by a broken-field runner with a quick fake forward pass while moving. An option exists in the possibility of an actual forward pass being thrown, thus adding deception to the movement.

The footwork and ball-handling techniques of the qb in several common T formation play sequences come next. (The inset diagrams show the backfield assignments that accompany the respective qb movements.)

These techniques include:

1. The dive-belly-pitch series of the straight T.
2. The split T dive-option series.
3. The spin, fake, and fade.
4. The fade-draw-fade.
5. The direct fadeback (facing the line).
6. The rollout, showing the footwork used by a right-handed passer in rolling out to his left and passing.
7. The quick pitch, trap, and roll.
8. The bootleg.

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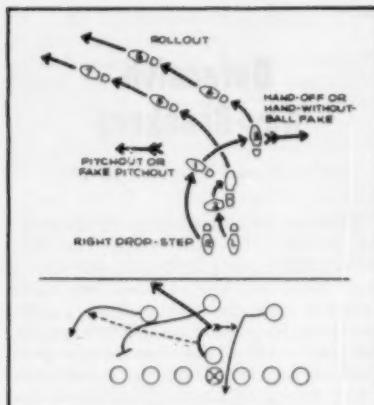
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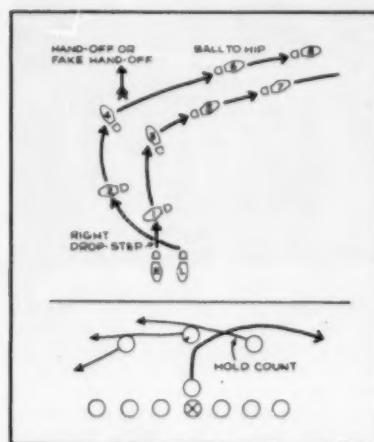
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Quick pitch, trap, and roll



The bootleg maneuver

One additional motor skill remains and it's an unpleasant one—"eating" the ball.

1. Grasp the ball tightly with both hands into the stomach area immediately.

2. Assume the fetal position; that is, knees bent, chin on chest, and back bent in a C-arch forward.

3. Attempt to fall forward while being tackled, but don't try to drive forward if already hit.

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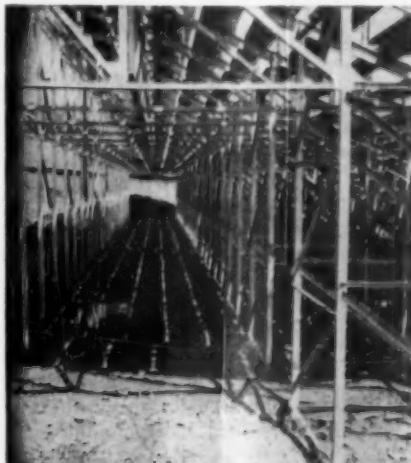
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Sport Service

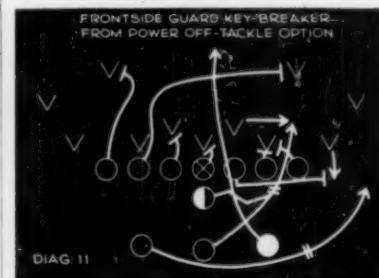
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Defensive Key-Breakers

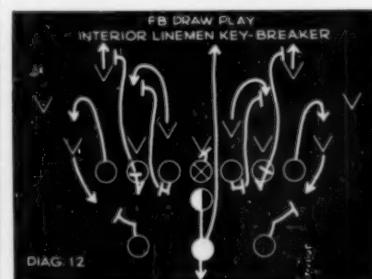
(Continued from page 16)

The next key-breaker is off the pulling of the frontside guard. In this action, the right guard normally pulls and cleans out the end and the right halfback fills for the pulling guard, while the fullback goes off-tackle with the ball. After the linebacker gets blocked by the filling right halfback a few times, he's well-conditioned for the key-breaker (Diag. 11).



When the right halfback notices that the left inside linebacker is pursuing the offensive right guard's pulling action to the right, he gives the quarterback this information. On the next play from scrimmage, the quarterback slips the ball to the right halfback from this action, and the right halfback should be well upfield before anyone realizes the deception.

We feel that the fullback draw play is an excellent key-breaker versus a defense that keys the uncovered linemen, and also for a drop-back passing attack (Diag. 12). All 11 offensive players must be real actors to make the fullback draw play effective. The center, guards, tackles, and halfbacks all show very sincere pass-protection blocks, while both ends button-hook into the flats to freeze the cornerbacks.



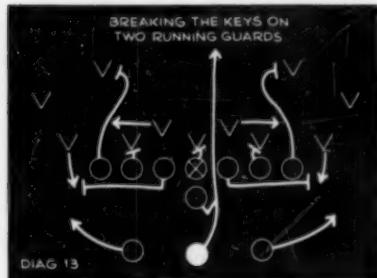
When the defensive linebackers, who are keying the offensive guards, see the two offensive guards come up into a pass-protection block, the linebackers will quickly retreat to the short middle area. The offensive guards will stay in a pass-protection

block for a three-second count, then go get the linebackers.

The tackles show pass-protection blocks for a three count, funneling the defensive tackles to the outside. On the third count, the tackles release and go downfield and cross-body block the defensive halfbacks.

The center pass-protection blocks the middle guard to whichever side of center the middle guard commits himself, when the drop-back pass action shows itself.

The quarterback drops back, holding the ball high in his throwing hand. On the third count after receiving the ball from center, the quarterback brings the ball down into the fullback's stomach, who has remained stationary in his position. The fullback then comes up the middle with the ball, looking for daylight off the center's pass-protection block.



If you have an offense that features pulling guards on most of your plays, you can keep the secondary defense quite honest by the following ruse. Pull the right guard to the right and the left guard to the left; then send the fullback right up the middle (Diag. 13). This can gain a sizable amount of yardage and completely destroy any faith those inside linebackers might have had in their keys.

These key-breakers certainly aren't an offense in themselves. But every offense needs a few plays that will break down the keys of the well-coached defensive opponent so that the basic offense may function with success.

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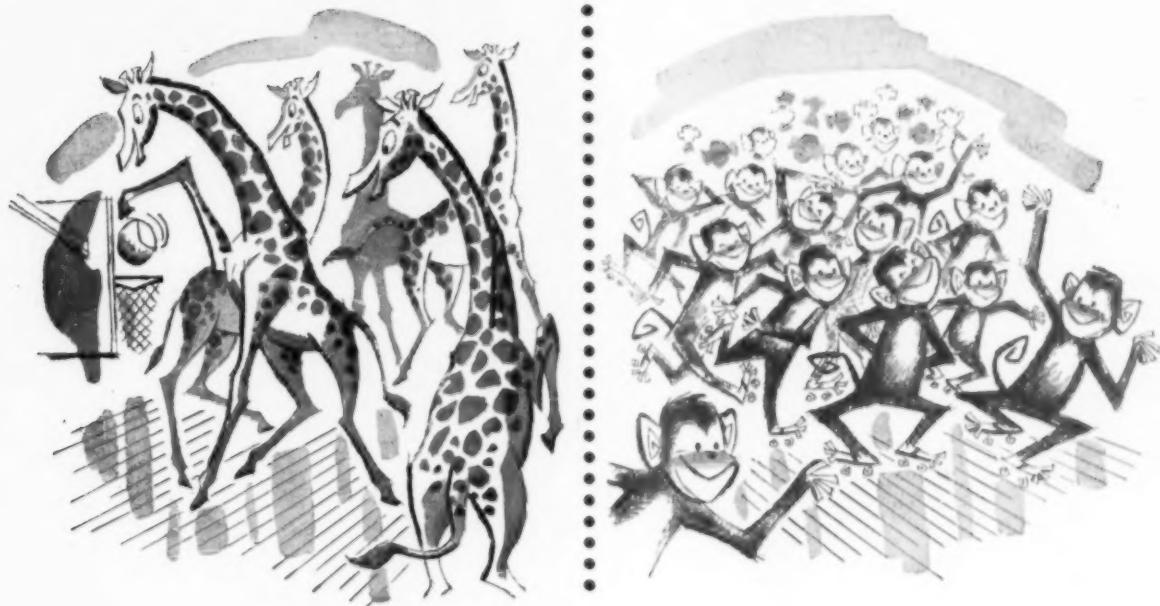
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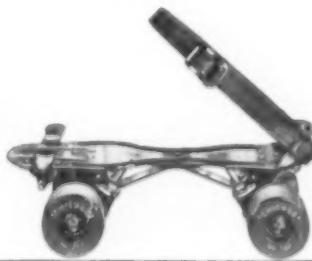
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To the thousands of schools and colleges which have been using our services for many years and are fully aware of the quality of our workmanship we want to express our appreciation, and assure them that this service, which has made Ivory System the largest reconditioners of athletic equipment in the country, will be continued.

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